

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

September Program Highlights

Picnic at Monocacy Park

Join us and the other senior centers for a picnic at Monocacy Park! The Frederick Senior Center will be our host for lunch and bingo.

Date: Tuesday, September 18
Register by Monday, September 10
Time: 10:00 a.m.-2:00 p.m.
Cost: \$8.00 lunch
\$2.00 transportation

Literacy Council

What a wonderful gift it is to be able to read. The Literacy Council invites you to come learn about the benefits and rewards of tutoring adults who want to learn or improve their English.

Date: Tuesday, September 11
Time: 1:00 p.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesdays, September 11 & 25
Time: 1:00 p.m.
Date: Wednesday, September 19
Time: 11:30 a.m. **Cost:** Free

Memories for the Grandchildren

Grandparents Day is Sunday, September 9! Stop by the center during the following week to record some of your memories, family traditions, dreams, thoughts, and feelings about your life. This is a great opportunity to share with your family.

Date: Week of September 10-13
Time: Regular center hours **Cost:** Free

Commission on Aging

The September meeting of the Commission on Aging will be here at Urbana. Please feel free to attend the meeting.

Dates: Monday, September 10
Time: 11:00 a.m. **Cost:** Free

Vertigo Discussion

Learn about the causes and treatments for "spinning dizziness". Program presented by Stephanie Dunker, MSPT, Sage Orthopedic Physical Therapy.

Date: Wednesday, September 12
Time: 1:00 p.m. **Cost:** Free

Tai Chi

Improve Balance! Improve Strength of Body! Achieve Clarity & Focus of Mind! Gain Calmness & Lightness of Spirit! This class is for people who have already taken some Tai Chi. This 10-week session is taught by Claudia Olson.

Date: Mondays, starting September 10
Pre-registration is required.
Time: 1:30-3:00 pm
Cost: \$30 per participant

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "*Why do I yawn? And other questions about breathing.*"

Date: Wednesday, September 19
Sign-up by Monday, September 17
Time: Noon
Cost: \$4.80 (Regular lunch fee)